

Introverted child → successful business woman → triathlete  
(age 50/60) → 300-mile bike challenges → more



## Colleen Wietmarschen

Looking for an engaging, high energy, speaker for your annual conference, retreat, podcast, or MasterMind? Colleen has the unique ability to show audiences, when they are open to change and ready to accept CHALLENGES head on, they are happier and effective in everything they do. Keeping professionalism intact, she adds her humor as she shares relatable stories with her audience.

Speaker • Author • Publishing Consultant • Wellness Advocate • Exercise Enthusiast

### Staying Motivated One Challenge At A Time

It's easy to stay motivated when things go as planned, but what happens to enthusiasm and goals when challenges, both big and small, move into the picture and start to soak up your energy, play games with your mind, and you find yourself making up any excuse not to move forward?

Whether it's a 300-mile bike challenge in 30 days in 90+-degree heat, restarting a business after 18 great years, or recovering from surgery and being pretty much solitary for 12+ weeks (she's an active person), Colleen has a plan to overcome what faces her.

During her inspirational talk, Colleen interactively shares her insights with the audience on how people can overcome any obstacle when they are met with the right mindset.

Life happens and challenges occur on a daily basis. After hearing Colleen's three strategies to "**Staying Motivated One Challenge At A Time!**" you'll discover you can meet and overcome any challenge in every aspect of your life. You'll:

- Discover your WHY; what drives you to do anything? Is what you're doing in alignment with your vision or mission?
- Learn the importance of setting goals with a deadline; otherwise it's a dream. Hold yourself accountable.
- Realize we can't do it all by ourselves. Having support systems in place is key no matter how big or small our challenge then our chances of success are much greater!

No matter what challenge you're facing, when you're driven because your WHY is so great nothing stops you, your GOAL is set and nothing deters you, and you have SUPPORT by your side, your success awaits!

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## About Colleen

From introverted child to successful businesswoman to triathlete at age 50/60, finishing half marathons, violin student at age 54, completing a 300-mile bike challenge in 30 days, and a virtual 480-mile Camino walk 25 days ahead of schedule, Colleen faces any challenge with an open mind.

Colleen is extraordinarily focused and devoted to any project she undertakes. She has wise sensitivity to human dynamics in situations and in relationships. She values integrity, honesty, and transparency.

Colleen works with entrepreneurs and professionals ready to tell and share their story with a book.

As a speaker, Colleen conveys her vast wisdom of business experience; from running a quarter million plus business to restarting after 18 years, she's seen it all. Her energy fills the room as she engages and inspires the audience with stories interspersed with her value-packed knowledge.

As a leader, Colleen has a compelling background consulting clients and mentoring students.



## Business Accolades

Best of Cincinnati Writers Award 2011  
Jan B. King Memorial Scholarship 2015  
#1 Best Editor Award - *Win or Learn* 2020  
Women With Vision Award Winner 2021

## Rave Reviews

*"As a business coach, I know there is one thing for sure that many entrepreneurs, professionals, and small business owners struggle with and that is getting clear in their message. So for those of you who are looking for help in that regard, looking for a speaker to bring solid content when it comes to editing, copywriting, and clarity then Colleen is your gal. She is the consummate professional. She has a vast background in this field and she is really the one to bring it to life on any stage, in any meeting, with any group. Book her. You'll be happy you did."*

~Pat Fortin Mussieux, Professional Speaker, Coach

*"Colleen arrived and was excellent at engaging with the group in attendance prior to speaking. She introduced herself to everyone, creating a relationship, and by the time she spoke everyone was attentive to what she was going to say. There were some electrical problems and Colleen was very professional and changed gears as needed for her one-hour presentation. She made the group think; made them laugh; and gave them hope and encouragement as she spoke with passion and strength. I will have Colleen speak again in the future."*

~Carroll Hall, Marketing Director

CHALLENGES provide lessons; overcoming CHALLENGES builds strength